



Wellness **REACH**  
A Ministry of First Baptist Church of Universal City

June 2022

### June is Men's Health Awareness Month

With Father's Day in June, it just makes sense to put the spotlight on **Men's Health** this month. We want to encourage men to "*Be Strong, Stay Strong*" – physically, mentally, and spiritually. Many medical conditions disproportionately or only affect men, but one of the most common issues men deal with is more cultural. Here are a few facts:

Fact #1: Men do not like to seek help - any type of support.

Fact #2: 1 in 2 men will get cancer.

Fact #3: 1 in 3 men have ongoing mental health issues. Only 20% with depression symptoms seek help.

Fact #4: Sugar drains energy and makes us grumpy while causing inflammation, high blood pressure, and diabetes. Each of these health issues directly contributes to the #1 killer of men - heart disease.

June 12 is "*Be Strong, Stay Strong*" Sunday. We encourage the congregation to wear **BLUE** in support of men's health.

**5K FUN Run/Walk for Wellness** on Saturday, June 11. The Run/Walk starts and finishes at First Baptist Church of Universal City. The course is an easy, flat, looping 5K (3.1 mile) route and is stroller friendly. The event is free. However, if you want a t-shirt, the cost is \$10. The deadline to order a t-shirt is May 25. Scan the QR code below or register at <https://www.fbcuc.org/wellnessreach/>.

Runners and walkers of all ages and fitness levels are welcome for this untimed, non-competitive event. No animals allowed on the course unless they are a registered service animal.

Check-in begins at 8:30 a.m. Run/Walk starts at 9:00 a.m.

There will be a water and aid station on the route.

Grab your family, friends and sunscreen. Don't miss this family event!



We encourage the men of the church to a **Men's Memorization Challenge**. Memorize the following:

*As a man of God, I will reject passivity, accept responsibility, lead courageously and invest in eternity. "Be on the alert, stand firm in the faith, act like men, be-strong. Let all that you do be done in love." 1 Corinthians 16:13-14*

### SCRIPTURE MEMORY CHALLENGE

*"Love does not delight in evil but rejoices with the truth."*  
1 Corinthians 13:6

### UPCOMING EVENTS

#### 5K Fun Run/Walk

June 11, 8:30 a.m.

#### **Wear BLUE Sunday**

June 12

#### **Praise Moves**

9:00 a.m. Mon, Wed, Fri  
REC Center

#### Speed Friending Challenge

July 10, 5:00 p.m.  
Peace Auditorium

#### Ladies Tea Party

July 13, 11:30 a.m.  
Peace Auditorium

#### Veggie Cooking Class

July 23, 9:00 a.m.  
REC Classroom

#### Health Fair

Aug 13, 9:00 a.m. – noon  
Peace Auditorium

#### Diabetes Straight Talk Seminar

Aug 27, 9:00 a.m.  
Peace Auditorium

### PODCAST or VIDEO

[Why Christians Should Care About Fitness - YouTube](#)

### Common Signs of Depression:

- ◇ Have little interest or pleasure in doing things.
- ◇ Trouble falling or staying asleep.
- ◇ Trouble concentrating on things, such as reading or TV.
- ◇ Feel down, depressed or hopeless.
- ◇ Feel like you have let yourself or your family down.
- ◇ Others commenting on you speaking or moving slowly.
- ◇ Constant low level of anger or hostility.

## Being Strong – Staying Strong

is *NOT*  
a **destination**  
but a **DAILY process**

It is more about  
HOW we drive,  
not where we PARK

How do we

AVOID *relational*  
or *financial*  
REPAIR *spiritual*  
Potholes?

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Wellness Reach](#)



FIRST BAPTIST CHURCH UNIVERSAL CITY

## Join Us for Tea



Wednesday, July 13th  
11:30 a.m.

Peace Auditorium

*Tea Party Attire*

RSVP: [fbcuc.org](http://fbcuc.org)



### RECIPE OF THE MONTH

#### From the Kitchen of Elizabeth Browne

#### Recipe **Chicken Tacos with Cilantro Lime Rice**

Servings **4**

#### Ingredients

2 cups Rotisserie chicken,  
shredded  
1 cup Uncooked instant rice  
1/4 tsp. Cumin  
1/4 cup Fresh cilantro,  
chopped  
Add Juice of 1/2 lime  
1 can Black beans, rinsed  
and drained  
8 6-inch flour or corn tortillas  
1/2 cup Colby-Jack cheese,  
finely shredded  
Add Sliced black olives  
Add Salsa and Guacamole

#### Directions

- Remove outer plastic from chicken package and heat in microwave until warmed through.
- In the meantime, make rice according to package directions, adding cumin. When rice is finished cooking, add the cilantro, lime and beans. Mix thoroughly.
- Heat tortillas according to package directions.
- Assemble tacos with rice mixture, chicken strips, and cheese. Top with salsa, guacamole and olives.